



Eating right, simplified.

2,800 Calorie Plan (Vegetarian) 5 meals/day

DAY 1

Breakfast

7:00 AM

egg, hard boiled	1 large	78 cal
drinking water	1 Cup(s)	0 cal
whole grain rolled oats, dry	1 Cup(s)	299 cal
blueberries	1 Cup(s)	83 cal
egg whites, cooked	4 large	69 cal
orange juice	1 Cup(s)	112 cal

MEAL TOTAL: **Calories** 640 cal / **Carbs** 104 g (66%) / **Protein** 23 g (15%) / **Fat** 13 g (19%) / **Fluid** 25
ADDITIONAL NUTRIENTS: **Sodium** 171 mg / **Calcium** 70 mg

NOTES:

Snack

10:00 AM

apples	1 large	110 cal
almond butter	1 Tbsp	100 cal
skim milk with calcium	2 Cup(s)	173 cal
whole wheat crackers, low-sodium	5 cracker	89 cal

MEAL TOTAL: **Calories** 472 cal / **Carbs** 70 g (58%) / **Protein** 22 g (18%) / **Fat** 13 g (24%) / **Fluid** 40
ADDITIONAL NUTRIENTS: **Sodium** 53 mg / **Calcium** 1,070 mg

NOTES:

Lunch

12:00 PM

whole-wheat pita bread	1 large	170 cal
tomatoes	1/4 Cup(s)	8 cal
romaine lettuce	3 leaf	3 cal
baby carrots	10 large	53 cal
drinking water	2 Cup(s)	0 cal
vegan chicken strips, meat free	5 oz	361 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal

MEAL TOTAL: **Calories** 644 cal / **Carbs** 66 g (40%) / **Protein** 37 g (22%) / **Fat** 28 g (38%) / **Fluid** 23
ADDITIONAL NUTRIENTS: **Sodium** 197 mg / **Calcium** 68 mg

NOTES:



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Snack

3:00 PM

string cheese, light	2 serving	100 cal
bananas	1 extra large	135 cal
drinking water	1 Cup(s)	0 cal
coconut water	1 Cup(s)	46 cal
peaches	1 large	61 cal

MEAL TOTAL: **Calories** 342 cal / **Carbs** 61 g (66%) / **Protein** 17 g (18%) / **Fat** 6 g (16%) / **Fluid** 24

ADDITIONAL NUTRIENTS: **Sodium** 448 mg / **Calcium** 75 mg

NOTES:

Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
wild rice, cooked	1 Cup(s)	166 cal
black beans, no salt, boiled	1 Cup(s)	227 cal
broccoli, no salt, boiled	1 1/2 Cup(s)	82 cal
garden veggie tempeh	4 oz	251 cal

MEAL TOTAL: **Calories** 725 cal / **Carbs** 110 g (59%) / **Protein** 49 g (26%) / **Fat** 12 g (15%) / **Fluid** 31

ADDITIONAL NUTRIENTS: **Sodium** 163 mg / **Calcium** 145 mg

NOTES:

DAY 1 TOTAL: **Calories** 2,823 cal / **Carbs** 410 g (56%) / **Protein** 149 g (21%) / **Fat** 72 g (23%) / **Fluid** 143

ADDITIONAL NUTRIENTS: **Sodium** 1,032 mg / **Calcium** 1,428 mg



Eating right, simplified.

DAY 2

Breakfast

7:00 AM

oat bran flakes cereal	2 Cup(s)	357 cal
skim milk with calcium	2 Cup(s)	173 cal
bananas	1 extra large	135 cal

MEAL TOTAL: **Calories** 665 cal / **Carbs** 132 g (78%) / **Protein** 28 g (16%) / **Fat** 4 g (6%) / **Fluid** 19
ADDITIONAL NUTRIENTS: **Sodium** 200 mg / **Calcium** 1,091 mg

NOTES:

Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
grapes	4 oz	65 cal
almonds	1 1/2 oz	243 cal
whole wheat crackers, low-sodium	5 cracker	89 cal

MEAL TOTAL: **Calories** 396 cal / **Carbs** 39 g (36%) / **Protein** 12 g (11%) / **Fat** 25 g (53%) / **Fluid** 38
ADDITIONAL NUTRIENTS: **Sodium** 39 mg / **Calcium** 165 mg

NOTES:

Lunch

12:00 PM

romaine lettuce	2 Cup(s)	16 cal
cranberries, dried sweetened	1/3 Cup(s)	123 cal
whole wheat dinner rolls	1 roll	74 cal
balsamic vinegar	2 Tbsp	28 cal
drinking water	2 Cup(s)	0 cal
vegan chicken strips, meat free	4 oz	289 cal
olive oil	1 Tbsp	119 cal

MEAL TOTAL: **Calories** 650 cal / **Carbs** 68 g (40%) / **Protein** 27 g (16%) / **Fat** 32 g (44%) / **Fluid** 20
ADDITIONAL NUTRIENTS: **Sodium** 162 mg / **Calcium** 73 mg

NOTES:

Snack

3:00 PM

pears	1 large	119 cal
egg, hard boiled	1 large	78 cal
drinking water	1 Cup(s)	0 cal
oat & honey granola bars	1 bar	140 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 382 cal / **Carbs** 62 g (64%) / **Protein** 11 g (11%) / **Fat** 11 g (25%) / **Fluid** 23
ADDITIONAL NUTRIENTS: **Sodium** 240 mg / **Calcium** 121 mg

NOTES:



Eating right, simplified.

Dinner

6:00 PM

meat free burgers, vegan	2 serving	140 cal
drinking water	2 Cup(s)	0 cal
sweet potato, no salt, baked	1 1/2 large	243 cal
spinach, no salt, boiled	2 Cup(s)	83 cal
whole-wheat pita bread	1 large	170 cal

MEAL TOTAL: **Calories** 636 cal / **Carbs** 117 g (67%) / **Protein** 48 g (28%) / **Fat** 4 g (5%) / **Fluid** 35

ADDITIONAL NUTRIENTS: **Sodium** 980 mg / **Calcium** 722 mg

NOTES:

DAY 2 TOTAL: **Calories** 2,730 cal / **Carbs** 418 g (58%) / **Protein** 126 g (18%) / **Fat** 77 g (24%) / **Fluid** 135

ADDITIONAL NUTRIENTS: **Sodium** 1,621 mg / **Calcium** 2,172 mg



Eating right, simplified.

DAY 3

Breakfast

7:00 AM

whole wheat english muffin	1 1/2 muffin	201 cal
skim milk with calcium	2 Cup(s)	173 cal
almond butter	2 Tbsp	200 cal
orange juice	1 Cup(s)	112 cal

MEAL TOTAL: **Calories** 685 cal / **Carbs** 96 g (56%) / **Protein** 33 g (19%) / **Fat** 19 g (25%) / **Fluid** 24
ADDITIONAL NUTRIENTS: **Sodium** 196 mg / **Calcium** 1,377 mg

NOTES:

Snack

10:00 AM

egg, hard boiled	1 large	78 cal
bananas	1 extra large	135 cal
drinking water	2 Cup(s)	0 cal
oat & honey granola bars	1 bar	140 cal
egg whites, cooked	2 large	34 cal

MEAL TOTAL: **Calories** 387 cal / **Carbs** 57 g (58%) / **Protein** 17 g (17%) / **Fat** 11 g (25%) / **Fluid** 23
ADDITIONAL NUTRIENTS: **Sodium** 166 mg / **Calcium** 57 mg

NOTES:

Lunch

12:00 PM

tomatoes	1/2 Cup(s)	16 cal
apples	1 large	110 cal
olive oil, mayonnaise, light	1 Tbsp	49 cal
romaine lettuce	2 leaf	2 cal
drinking water	2 Cup(s)	0 cal
whole wheat bread	3 slice	300 cal
italian tofurky deli slices	8 slices	176 cal

MEAL TOTAL: **Calories** 653 cal / **Carbs** 105 g (60%) / **Protein** 34 g (19%) / **Fat** 16 g (21%) / **Fluid** 25
ADDITIONAL NUTRIENTS: **Sodium** 745 mg / **Calcium** 146 mg

NOTES:

Snack

3:00 PM

baby carrots	15 large	79 cal
drinking water	2 Cup(s)	0 cal
string cheese, light	2 serving	100 cal
whole wheat crackers, low-sodium	12 cracker	213 cal

MEAL TOTAL: **Calories** 391 cal / **Carbs** 53 g (53%) / **Protein** 18 g (17%) / **Fat** 14 g (30%) / **Fluid** 67
ADDITIONAL NUTRIENTS: **Sodium** 424 mg / **Calcium** 96 mg

NOTES:



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Dinner

6:00 PM

vegan chicken fillets, meat free	4 oz	97 cal
drinking water	2 Cup(s)	0 cal
kale, no salt, boiled	2 Cup(s)	73 cal
hearts of palm risotto	1 1/2 serving	457 cal

MEAL TOTAL: Calories 627 cal / Carbs 98 g (63%) / Protein 26 g (17%) / Fat 14 g (20%) / Fluid 43

ADDITIONAL NUTRIENTS: Sodium 147 mg / Calcium 193 mg

NOTES:

DAY 3 TOTAL: Calories 2,744 cal / Carbs 409 g (58%) / Protein 128 g (18%) / Fat 74 g (24%) / Fluid 183

ADDITIONAL NUTRIENTS: Sodium 1,679 mg / Calcium 1,869 mg



Eating right, simplified.

DAY 4

Breakfast

7:00 AM

blueberries	1 Cup(s)	83 cal
whole grain rolled oats, dry	1 Cup(s)	299 cal
egg, hard boiled	1 large	78 cal
drinking water	1 Cup(s)	0 cal
orange juice	1 Cup(s)	112 cal
egg whites, cooked	5 large	86 cal

MEAL TOTAL: **Calories** 657 cal / **Carbs** 104 g (65%) / **Protein** 27 g (17%) / **Fat** 13 g (18%) / **Fluid** 26

ADDITIONAL NUTRIENTS: **Sodium** 198 mg / **Calcium** 73 mg

NOTES:

Snack

10:00 AM

pears	1 large	119 cal
almonds	1 1/2 oz	243 cal
skim milk with calcium	1 1/2 Cup(s)	130 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 538 cal / **Carbs** 68 g (48%) / **Protein** 24 g (17%) / **Fat** 22 g (35%) / **Fluid** 25

ADDITIONAL NUTRIENTS: **Sodium** 139 mg / **Calcium** 945 mg

NOTES:

Lunch

12:00 PM

vegan chicken fillets, meat free	8 oz	195 cal
iced tea, green	16 fl. oz.	0 cal
romaine lettuce	2 Cup(s)	16 cal
balsamic vinegar	1 Tbsp	14 cal
hearts of palm risotto	1 1/2 serving	457 cal

MEAL TOTAL: **Calories** 682 cal / **Carbs** 99 g (59%) / **Protein** 36 g (21%) / **Fat** 15 g (20%) / **Fluid** 39

ADDITIONAL NUTRIENTS: **Sodium** 102 mg / **Calcium** 41 mg

NOTES:

Snack

3:00 PM

baby carrots	20 large	105 cal
oat & honey granola bars	1 bar	140 cal
drinking water	2 Cup(s)	0 cal
string cheese, light	2 serving	100 cal

MEAL TOTAL: **Calories** 345 cal / **Carbs** 48 g (55%) / **Protein** 16 g (18%) / **Fat** 10 g (27%) / **Fluid** 25

ADDITIONAL NUTRIENTS: **Sodium** 390 mg / **Calcium** 116 mg

NOTES:



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Dinner

6:00 PM

garden veggie tempeh	6 oz	376 cal
drinking water	2 Cup(s)	0 cal
wild rice, cooked	1 1/3 Cup(s)	221 cal
summer squash, no salt, boiled	2 cup	72 cal

MEAL TOTAL: Calories 669 cal / **Carbs** 88 g (52%) / **Protein** 45 g (26%) / **Fat** 17 g (22%) / **Fluid** 33
ADDITIONAL NUTRIENTS: Sodium 100 mg / **Calcium** 104 mg

NOTES:

DAY 4 TOTAL: Calories 2,890 cal / **Carbs** 406 g (56%) / **Protein** 148 g (20%) / **Fat** 77 g (24%) / **Fluid** 148
ADDITIONAL NUTRIENTS: Sodium 929 mg / **Calcium** 1,278 mg



Eating right, simplified.

DAY 5

Breakfast

7:00 AM

skim milk with calcium	2 Cup(s)	173 cal
oat bran flakes cereal	2 Cup(s)	357 cal
egg, hard boiled	1 large	78 cal
egg whites, cooked	5 large	86 cal

MEAL TOTAL: **Calories** 693 cal / **Carbs** 99 g (58%) / **Protein** 50 g (30%) / **Fat** 9 g (12%) / **Fluid** 21
ADDITIONAL NUTRIENTS: **Sodium** 392 mg / **Calcium** 1,120 mg

NOTES:

Snack

10:00 AM

almond butter	2 Tbsp	200 cal
apples	1 large	110 cal
drinking water	2 Cup(s)	0 cal
string cheese, light	1 serving	50 cal
whole wheat crackers, low-sodium	5 cracker	89 cal

MEAL TOTAL: **Calories** 449 cal / **Carbs** 50 g (43%) / **Protein** 14 g (13%) / **Fat** 22 g (44%) / **Fluid** 40
ADDITIONAL NUTRIENTS: **Sodium** 199 mg / **Calcium** 103 mg

NOTES:

Lunch

12:00 PM

baby carrots	5 large	26 cal
vegan chicken strips, meat free	6 oz	434 cal
romaine lettuce	2 leaf	2 cal
drinking water	2 Cup(s)	0 cal
whole-wheat pita bread	1 large	170 cal
tomatoes	1/4 Cup(s)	8 cal
olive oil, mayonnaise, light	1 1/2 Tbsp	74 cal

MEAL TOTAL: **Calories** 714 cal / **Carbs** 64 g (35%) / **Protein** 43 g (23%) / **Fat** 34 g (42%) / **Fluid** 21
ADDITIONAL NUTRIENTS: **Sodium** 248 mg / **Calcium** 42 mg

NOTES:

Snack

3:00 PM

fruit yogurt, non-fat	1 cup	233 cal
drinking water	2 Cup(s)	0 cal
peaches	1 large	61 cal

MEAL TOTAL: **Calories** 294 cal / **Carbs** 62 g (81%) / **Protein** 12 g (16%) / **Fat** 1 g (3%) / **Fluid** 27
ADDITIONAL NUTRIENTS: **Sodium** 142 mg / **Calcium** 382 mg

NOTES:



Eating right, simplified.

Dinner

6:00 PM

three bean vegetarian chili soup, lower sodium	1/2 Cup(s)	75 cal
drinking water	2 Cup(s)	0 cal
portabella mushroom burger with bruschetta topping	2 serving	587 cal

MEAL TOTAL: Calories 662 cal / **Carbs** 102 g (64%) / **Protein** 25 g (15%) / **Fat** 15 g (21%) / **Fluid** 23

ADDITIONAL NUTRIENTS: Sodium 700 mg / **Calcium** 200 mg

NOTES:

DAY 5 TOTAL: Calories 2,812 cal / **Carbs** 376 g (54%) / **Protein** 144 g (20%) / **Fat** 82 g (26%) / **Fluid** 133

ADDITIONAL NUTRIENTS: Sodium 1,682 mg / **Calcium** 1,846 mg



Eating right, simplified.

DAY 6

Breakfast

7:00 AM

whole wheat english muffin	1 1/2 muffin	201 cal
almond butter	2 Tbsp	200 cal
skim milk with calcium	2 Cup(s)	173 cal
peaches	1 large	61 cal

MEAL TOTAL: **Calories** 635 cal / **Carbs** 85 g (53%) / **Protein** 33 g (20%) / **Fat** 19 g (27%) / **Fluid** 21
ADDITIONAL NUTRIENTS: **Sodium** 194 mg / **Calcium** 1,360 mg

NOTES:

Snack

10:00 AM

drinking water	1 Cup(s)	0 cal
cottage cheese, 2% milkfat	1 Cup(s)	194 cal
blueberries	1 1/2 Cup(s)	124 cal
coconut water	1 Cup(s)	46 cal

MEAL TOTAL: **Calories** 364 cal / **Carbs** 49 g (52%) / **Protein** 30 g (32%) / **Fat** 7 g (16%) / **Fluid** 28
ADDITIONAL NUTRIENTS: **Sodium** 874 mg / **Calcium** 276 mg

NOTES:

Lunch

12:00 PM

three bean vegetarian chili soup, lower sodium	1 Cup(s)	150 cal
drinking water	2 Cup(s)	0 cal
portabella mushroom burger with bruschetta topping	2 serving	587 cal

MEAL TOTAL: **Calories** 737 cal / **Carbs** 118 g (65%) / **Protein** 30 g (16%) / **Fat** 16 g (19%) / **Fluid** 23
ADDITIONAL NUTRIENTS: **Sodium** 724 mg / **Calcium** 250 mg

NOTES:

Snack

3:00 PM

drinking water	2 Cup(s)	0 cal
string cheese, light	2 serving	100 cal
apples	1 large	110 cal
trulean vegan plant based protein frosted vanilla...	2 Scoop	220 cal

MEAL TOTAL: **Calories** 430 cal / **Carbs** 35 g (31%) / **Protein** 57 g (50%) / **Fat** 9 g (19%) / **Fluid** 22
ADDITIONAL NUTRIENTS: **Sodium** 706 mg / **Calcium** 143 mg

NOTES:



Eating right, simplified.

Dinner

6:00 PM

italian herb chik'n patties, meat free	2 pattie	340 cal
wild rice, cooked	2/3 Cup(s)	110 cal
black beans, no salt, boiled	2/3 Cup(s)	151 cal
drinking water	2 Cup(s)	0 cal
spinach, no salt, boiled	2 Cup(s)	83 cal

MEAL TOTAL: **Calories** 685 cal / **Carbs** 108 g (60%) / **Protein** 45 g (25%) / **Fat** 12 g (15%) / **Fluid** 32

ADDITIONAL NUTRIENTS: **Sodium** 736 mg / **Calcium** 564 mg

NOTES:

DAY 6 TOTAL: **Calories** 2,851 cal / **Carbs** 395 g (54%) / **Protein** 194 g (27%) / **Fat** 63 g (19%) / **Fluid** 127

ADDITIONAL NUTRIENTS: **Sodium** 3,234 mg / **Calcium** 2,593 mg



Eating right, simplified.

DAY 7

Breakfast

7:00 AM

egg, hard boiled	1 large	78 cal
bananas	1 extra large	135 cal
fruit yogurt, non-fat	1 cup	233 cal
drinking water	2 Cup(s)	0 cal
egg whites, cooked	6 large	103 cal
whole wheat english muffin	1 muffin	134 cal

MEAL TOTAL: **Calories** 682 cal / **Carbs** 110 g (64%) / **Protein** 46 g (26%) / **Fat** 8 g (10%) / **Fluid** 34

ADDITIONAL NUTRIENTS: **Sodium** 484 mg / **Calcium** 594 mg

NOTES:

Snack

10:00 AM

string cheese, light	1 serving	50 cal
baby carrots	20 large	105 cal
drinking water	2 Cup(s)	0 cal
whole wheat crackers, low-sodium	5 cracker	89 cal
trulean vegan plant based protein frosted vanilla...	1 3/4 Scoop	193 cal

MEAL TOTAL: **Calories** 436 cal / **Carbs** 43 g (38%) / **Protein** 48 g (42%) / **Fat** 10 g (20%) / **Fluid** 43

ADDITIONAL NUTRIENTS: **Sodium** 553 mg / **Calcium** 220 mg

NOTES:

Lunch

12:00 PM

olive oil, mayonnaise, light	1 1/2 Tbsp	74 cal
tomatoes	1/4 Cup(s)	8 cal
iced tea, green	16 fl. oz.	0 cal
whole wheat tortillas	3 tortilla	381 cal
italian tofurky deli slices	8 slices	176 cal

MEAL TOTAL: **Calories** 639 cal / **Carbs** 71 g (44%) / **Protein** 30 g (19%) / **Fat** 26 g (37%) / **Fluid** 19

ADDITIONAL NUTRIENTS: **Sodium** 731 mg / **Calcium** 305 mg

NOTES:

Snack

3:00 PM

apples	1 large	110 cal
oat & honey granola bars	1 bar	140 cal
drinking water	2 Cup(s)	0 cal
almond butter	1 1/2 Tbsp	150 cal

MEAL TOTAL: **Calories** 400 cal / **Carbs** 55 g (54%) / **Protein** 7 g (7%) / **Fat** 17 g (39%) / **Fluid** 22

ADDITIONAL NUTRIENTS: **Sodium** 52 mg / **Calcium** 93 mg

NOTES:



Eating right, simplified.

Dinner

6:00 PM

vegan chicken fillets, meat free	6 oz	146 cal
drinking water	2 Cup(s)	0 cal
kale, no salt, boiled	2 Cup(s)	73 cal
sweet potato, no salt, baked	1 1/2 large	243 cal
olive oil	1 1/2 Tbsp	179 cal

MEAL TOTAL: **Calories** 641 cal / **Carbs** 86 g (50%) / **Protein** 30 g (18%) / **Fat** 24 g (32%) / **Fluid** 31

ADDITIONAL NUTRIENTS: **Sodium** 157 mg / **Calcium** 290 mg

NOTES:

DAY 7 TOTAL: **Calories** 2,799 cal / **Carbs** 364 g (51%) / **Protein** 161 g (22%) / **Fat** 85 g (27%) / **Fluid** 149

ADDITIONAL NUTRIENTS: **Sodium** 1,978 mg / **Calcium** 1,501 mg



2 Servings

hearts of palm risotto

Ingredients

vegetable broth soup, low sodium
3 Cup(s)

olive oil
1 Tbsp

arborio rice
1/2 Cup(s)

white wine
1/4 Cup(s)

hearts of palm
1/2 Cup(s)

onions
1 small slice

Nutrition Totals

Calories 609 / **Carbs** 97 g / **Protein** 11 g / **Fat** 15 g / **Fluid** 26 fl oz

Instructions

1. Heat 1 tablespoon of olive oil in a large, heavy-bottomed saucepan over medium-high heat. Add the onion; cook and stir until it begins to turn golden brown at the edges, about 2 minutes.
2. Pour in the rice, and stir until the rice is coated in oil and has started to toast, 2 to 3 minutes. Reduce the heat to medium and stir in the white wine. Let it cook until it has mostly evaporated, then stir in one-third of the boiling vegetable broth; continue stirring until incorporated.
3. Repeat this process twice more, stirring constantly. Incorporating the broth should take 15 to 20 minutes in all.
4. When the rice is mostly tender, but still has a very slight crunch, stir in the hearts of palm; season with salt and pepper. Cook for another minute to heat through then stir in parsley and serve immediately.



Eating right, simplified.

Nutrition Label

Hearts Of Palm Risotto	
Amount Per Serving	
Calories	305
% Daily Value*	
Total Fat 7.2g	11%
Saturated Fat 0.9g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 58mg	2%
Total Carbohydrates 48.5g	16%
Dietary Fiber 3g	12%
Total Sugar 2.4g	
Protein 5.4g	
Vitamin D 0IU	0%
Calcium 3.7mg	0%
Iron 0.8mg	5%
Potassium 27.5mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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Eating right, simplified.

2 Servings



portabella mushroom burger with bruschetta topping

Ingredients

olive oil

2/3 Tbsp

balsamic vinegar

1/2 Tbsp

basil

1/3 Cup(s)

roma tomatoes

2 Cup(s)

garlic

1 clove

kaiser rolls

2 roll

black pepper

1/2 tsp

portabella mushroom

2 cup

Nutrition Totals

Calories 587 / **Carbs** 86 g / **Protein** 20 g / **Fat** 15 g / **Fluid** 7 fl oz

Instructions

1. Mix tomatoes, basil, balsamic vinegar, garlic, olive oil, and black pepper in a bowl and refrigerate to blend flavors, 1 to 2 hours.
2. Preheat grill for medium heat and lightly oil the grate.
3. Grill portabella mushrooms with gill sides up on an upper rack of the grill until juicy and hot, about 15 minutes. Spoon tomato mixture into mushroom caps to cover entire cap. Continue grilling until topping is heated through, another 15 to 20 minutes.
4. Serve on kaiser rolls.



Eating right, simplified.

Nutrition Label

Portabella Mushroom Burger With Bruschetta Topping	
Amount Per Serving	
Calories	293
% Daily Value*	
Total Fat 7.2g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 337.8mg	14%
Total Carbohydrates 42.9g	14%
Dietary Fiber 2.6g	11%
Total Sugar 7.7g	
Protein 9.8g	
Vitamin D 8.6IU	1%
Calcium 75mg	8%
Iron 4.6mg	26%
Potassium 932.6mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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Eating right, simplified.

Shopping List

Accompaniments

olive oil, mayonnaise, light
5 Tbsp

Beverages

coconut water
4 Cup(s)
drinking water
49 Cup(s)
iced tea, green
32 fl. oz.
white wine
0.38 Cup(s)

Bread

kaiser rolls
4 roll
whole-wheat pita bread
3 large
whole wheat bread
3 slice
whole wheat dinner rolls
1 roll
whole wheat english muffin
4 muffin
whole wheat tortillas
3 tortilla

Cereal & Grain Products

arborio rice
0.76 Cup(s)
oat bran flakes cereal
4 Cup(s)
whole grain rolled oats, dry
2 Cup(s)
wild rice, cooked
3 Cup(s)

Cookies & Crackers

whole wheat crackers, low-sodium

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Eating right, simplified.

32 cracker

Dairy & Egg

cottage cheese, 2% milkfat

1 Cup(s)

egg, hard boiled

6 large

egg whites, cooked

22 large

fruit yogurt, non-fat

2 cup

skim milk with calcium

11.5 Cup(s)

string cheese, light

10 serving

Entrees

meat free burgers, vegan

2 serving

vegan chicken strips, meat free

15 oz

Fats & Oils

olive oil

5.34 Tbsp

Fruits & Juices

apples

5 large

bananas

4 extra large

blueberries

3.5 Cup(s)

cranberries, dried sweetened

0.33 Cup(s)

grapes

4 oz

orange juice

3 Cup(s)

peaches

3 large

pears

2 large

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Eating right, simplified.

Ingredients

balsamic vinegar
4 Tbsp

Legumes & Beans

black beans, no salt, boiled
1.67 Cup(s)

Nuts & Seeds

almond butter
8.5 Tbsp
almonds
3 oz

Snacks

oat & honey granola bars
4 bar

Soup

three bean vegetarian chili soup, lower sodium
1.5 Cup(s)
vegetable broth soup, low sodium
4.5 Cup(s)

Spices & Herbs

basil
0.66 Cup(s)
black pepper
1 tsp

Sports & Diet Nutritionals

trulean vegan plant based protein frosted vanilla cupcake
3.75 Scoop

Vegetables

baby carrots
70 large

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broccoli, no salt, boiled

1.5 Cup(s)

garlic

2 clove

hearts of palm

0.76 Cup(s)

kale, no salt, boiled

4 Cup(s)

onions

1.5 small slice

portabella mushroom

4 cup

romaine lettuce

7 leaf

4 Cup(s)

roma tomatoes

4 Cup(s)

spinach, no salt, boiled

4 Cup(s)

summer squash, no salt, boiled

2 cup

sweet potato, no salt, baked

3 large

tomatoes

1.25 Cup(s)

Vegetarian Products

garden veggie tempeh

10 oz

italian herb chik'n patties, meat free

2 pattie

italian tofurky deli slices

16 slices

vegan chicken fillets, meat free

18 oz